

Advising Handbook for UVM Psychological Science Majors

Updated Fall 2025

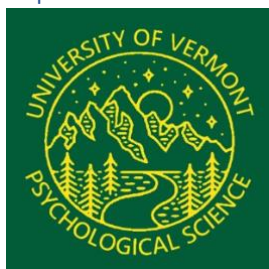


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I. Introduction to the Department of Psychological Science at UVM

What is Psychological Science?

Psychological Science (Psychology) is the study of the mind and behavior. It is a diverse scientific discipline comprising several major branches of research (e.g., experimental, biological, cognitive, lifespan developmental, personality, social), as well as several subareas of research and applied psychology (e.g., clinical, industrial/organizational, school and educational, human factors, health, neuropsychology). Research in psychology involves observation, experimentation, testing, and analysis to explore the biological, cognitive, emotional, personal, and social processes or stimuli underlying human and animal behavior. The practice of psychology involves the use of psychological knowledge for any of several purposes: to understand and treat mental, emotional, physical, and social dysfunction; to understand and enhance behavior in various settings of human activity (e.g., school, workplace, courtroom, sports arena, battlefield); and to improve machine and building design for human use (American Psychological Association, 2018).

Who We Are

The Department of Psychology was established in 1937 when it was carved out of a program of psychological studies housed in the Philosophy Department of the College of Arts and Sciences. The department faculty consists of faculty who teach and run labs, and faculty who are exclusively teaching-focused. All of our faculty earned a doctorate degree from a high-ranking Ph.D. granting institution. In 2015, the department was renamed the Department of Psychological Science, to better emphasize the nature of our scholarship, which includes both social science and natural science approaches.

The Department's mission is to be a community of successful teacher-scholars of psychological science, defined as being both recognized scholars who conduct cutting edge, grant-funded research and skilled teachers who take their teaching beyond the classroom to effectively mentor students in their labs and/or in community-based internships. Our PhD Program in Clinical Psychology is designed to train students in the science and practice of clinical psychology. Our Experimental Psychology PhD program is designed to train students in the science of psychology, particularly in the areas of biobehavioral psychology (behavioral neuroscience), developmental psychology, social psychology, and human behavioral pharmacology.

We are one of the largest undergraduate majors at UVM. We offer a Bachelor of Arts degree, a Bachelor of Science degree, and a minor. Students take coursework in the major sub-disciplines of Psychology (i.e., Biopsychology, Clinical Psychology, Developmental Psychology, Learning and Cognition, and Social Psychology), and have opportunities for in-depth study in one or more of these areas through small, upper-division courses. The cornerstone of the undergraduate program is a two-semester set of courses in research methods and statistics that prepares students to understand and conduct empirical psychological research, and hence to participate in upper-division coursework in Psychology and to engage actively in the research process through faculty-supervised independent study.

Dewey Hall

John Dewey Hall is the home of the UVM Department of Psychological Science. It is located in the northwest part of campus, at the odd-shaped intersection where South Prospect Street becomes North Prospect Street, and Colchester Avenue becomes Pearl Street. Dewey Hall is named in honor of famed Vermont philosopher John Dewey, who graduated from UVM in 1879. The building was built in 1905 and originally housed the College of Medicine. The Department of Psychology moved into Dewey Hall in January 1970. We occupy the entire building, which is a mixture of labs, offices, and classrooms.

There is quiet study lounge on the second floor (which feels like the first floor if you enter Dewey Hall through the front doors facing the University Green), which students are welcome to use as a study space if they are in the neighborhood. It was remodeled and furnished thanks to the fundraising efforts of the undergraduate Psychology Club, and it includes a mural designed and painted by a former Psychological Science major!

II. Overview of How Academic Advising works in Psychological Science

What do academic advisors do in Psychological Science?

1. **Help chart your path through the major.** Your academic advisor is an expert in the psychological science major. They may have less information about classes outside of the department, but they should have general knowledge about the College of Arts and Sciences and Catamount Core requirements.
2. **Help you get answers to your questions.** Your advisor may not know the answer to all your queries, but they should be able to help you find someone who does.
3. **Help support your academic success.** Advisors can assist you with developing strategies for navigating challenges in the classroom, determining how to reach your academic goals, and developing strategies to improve your grade point average.
4. **Help you identify opportunities that suit your interests.** Your advisor can give you suggestions on how to access opportunities such as internships, research experience, or other academic programs at UVM.
5. **Help connect you with resources and support.** Advisors may refer students to academic, social, and health-related resources that are available on campus.
6. **Help you prepare for study abroad.** Students who are applying to study abroad are required to meet with their advisor to discuss the feasibility of study abroad given your graduation timeline. Your advisor can also go over your course requirements with you to make sure that you have room in your schedule to study abroad and review the courses you plan to take at your chosen program.
7. **Help you plan for graduate school and careers.** Advisors can help students learn about the different options for graduate school in Psychological Science and related fields, how to make yourself a strong candidate for graduate school, and how to navigate the application process. Alternatively, there are many, many career paths that PSYS majors take that do not involve graduate school, and your advisor can help you find information about those paths.

Tips for Students on Interacting with Your Advisor

1. If you want to meet with your advisor, you should first identify when they have office hours to see if you can stop by at those times. Your advisor should notify you of their office hours at the start of each semester – if you aren't sure, ask!
2. Make sure to read emails from your advisor. Most faculty have extra office hours during registration periods. Often students need to sign up for specific slots.
3. Don't wait until the last minute. Most faculty have very few hours in the day when they are not in meetings or teaching. It can take a week or more to schedule a meeting, and last-minute requests are often difficult or impossible to accommodate.
4. Come prepared to advising sessions. If you are meeting about registration, you should already have a list of courses that you think that you might want to register for. You should also bring specific questions that you have.
5. Do not skip a scheduled appointment with your advisor. Often programs such as study abroad require letters of recommendation from your advisor, and it is important to be

professional in your interactions with your advisor. This includes emails – make sure to check spelling, punctuation, etc., and to use greetings (e.g., Dear Professor X) in your emails.

6. Be proactive. Faculty are busy, and gentle reminders to faculty if they have not responded are appreciated. If your advisor does not respond to an email, don't take offense – faculty routinely receive 50-100 emails per day, and sometimes emails do get lost.

How do students get an advisor or change advisors?

All first- and second-year students are assigned to a professional advisor who works out of the CAS Student Services office; from the third year on, students will be assigned to a faculty member in Psychological Science. Students can check to see who their advisor is by clicking on the Advising tab in the myUVM portal.

Students may request to change their academic advisor at any time by emailing psychology@uvm.edu. Students should keep in mind that only faculty who are Assistant Professors, Associate Professors, or Professors serve as undergraduate advisors.

Why do students sometimes get reassigned to a new advisor?

Students may find that their academic advisor changes while at UVM. When faculty go on sabbatical or other types of leave, their advisees are reassigned to a new faculty member. These assignments are temporary, and we try to reassign students to their original advisor when they return. Other times, some advisees are reassigned to distribute advisees more evenly between faculty.

What should students do if they cannot get ahold of their advisor?

When contacting your advisor, please keep in mind that most faculty have between 30-40 advisees. Advisors will try their best to reply in a timely manner, but it can take multiple days for faculty to respond during busy times in the semester. If you have not heard from your advisor after several days, it is appropriate to send a follow-up email to check in. If you have made repeated attempts to contact your advisor and have not received a response, you should contact the PSYS Program Coordinator, Professor Amy Hughes Lansing (Amy.Hughes.Lansing@uvm.edu) or CAS Student Services at cas@uvm.edu.

III. General Course Registration Guidance

When do students register for courses?

Students register for courses based on their class year, which is calculated based on number of completed credits at the time of registration. A registration schedule is posted each semester here: <https://www.uvm.edu/registrar/registration-schedule>

For the most accurate and up-to-date information on when you are eligible to register, go to your myUVM portal, click on the “Registrar” tab, and click “check registration status”.

You should see a date and time listed. Sometimes there is some type of hold on a student’s account that prevents them from registering. If there are holds on your account, they will be listed here, along with an email address that students should write to about to get the hold removed. Keep in mind that in most cases, advisors cannot remove the holds for you. Common reasons for holds are listed here: <https://www.uvm.edu/registrar/common-holds>.

Registration starts at 7am each day (possibly earlier for students with some types of priority registration), and it is highly recommended that you wake up to register at this time. Some courses fill within minutes of the start of the day. It also can help to look at the registrar’s webpage the night before and see which classes that you want to get into are close to filling. Register for those courses first.

How many credits can I register for?

Most students enroll in 14-16 credits each semester, with an average of 15 per semester. If students enroll in fewer credits, they may not graduate on time without taking extra courses another semester or taking summer or winter courses (unless they came in with AP credits). Additionally, students must be enrolled in 12 or more credits to be a full-time student. If they go below 12 credits, then their financial aid and health insurance may be affected. Students should check with the financial aid office before going below 12 credits to make sure that they understand these repercussions. Full-time students can take up to 19 credits each semester. If they want to take more than 19 credits, they need to get permission from the CAS Dean’s Office – contact them at cas@uvm.edu.

I’m trying to register and it's not working!

For any concerns about not being able to register, please contact the registrar’s office right away, as faculty advisors do not control those systems! <https://www.uvm.edu/registrar/contact-us>

What if I can’t register for a course I want or need to take?

Many psychology courses fill up each semester. If you want to take a class that is full, you are welcome to email the instructor to see if he/she is willing to override you into the course. **We recommend sending a brief, polite email explaining why you would like to/need to take the course and including your net-id and 95#.** Some faculty allow extra students into their courses.

Please keep in mind, however, that for many courses faculty receive many these requests, and that many faculty do not increase class sizes. In this case, your best bet is to watch the schedule of courses to see if spots have opened up. Students tend to drop near and during the first week of classes, and the first student to notice this can register for the spot.

If you want to register for a course that has spots but that you do not have the prerequisites for, you are welcome to email the instructor and ask for an override as well. In most cases, you would need to make a case for why you would be prepared for the course without having the prerequisites. Please note that it is always up to the discretion of the instructor to provide overrides.

Can a faculty member disenroll me from a course?

An instructor has the right to *disenroll* any student from a course if that student (1) does not meet the prerequisites of the course, or (2) fails to attend a scheduled course by the third instructional day of a semester or the second scheduled class session of a course, whichever comes later (unless the student has notified the instructor and has been excused). Please check the listed prerequisites carefully before registering for classes.

How much time do I have to add or drop a class once the semester starts?

Courses may be added through the first five instructional days of the semester without instructor permission, unless indicated. Adding a course between the sixth and tenth instructional day will be at the discretion of the faculty member and will occur by means of a faculty override. Courses may be dropped through the first ten instructional days of the semester. Note that independent study projects are treated like a course; a student may not add independent study after the drop/add period unless it is clear that the student has been working on that project prior to the end of the drop/add period.

Can I take a class pass/no pass?

Undergraduate degree program students, not on academic trial, are permitted to take up to six courses (or as many courses as they have semesters remaining for transfer students) on a pass/no pass basis, beginning in their sophomore year. Courses in the student's major department, either for the major or for the degree, and courses within the distribution requirements of a department may NOT be taken on a pass/no pass basis. Thus, only free electives may be taken pass/no pass.

Can I audit a course?

Students wishing to regularly attend a course, but not receive credit, may register as an auditor, with the approval of the dean and the instructor. Auditors have no claim on the time or service of the instructor. Students must meet minimum levels of performance set by the instructor at the time of registration in order to receive an audit grade. Tuition is charged at the applicable rate. Students need to submit a "Grade Mode Selection Form" with the required signatures to the Registrar's Office within the add/drop period for the semester.

Can I re-take a course if I failed it or didn't get the grade that I wanted?

Undergraduate students can re-take a course to attempt to improve their grade. Students who repeat a course only receive credit once for the course. When the student completes the course a second time, the student's transcript will be revised to replace the previous grade for the course with a grade of "R". The "R" is not included in the GPA calculation; the grade for the second time the student took the course will be counted toward the GPA.

How do I withdraw from a course and what are the consequences?

Please visit [this website](#) for information on how to withdraw from a course and the consequences of doing so.

Is there a minimum grade requirement for courses to count toward the major?

There is no minimal grade required for an individual course (beyond passing with a grade of D-), but the AVERAGE course grades within your major must be C, or a minimum GPA of 2.0 (this is true for all majors in CAS).

Can the same course be counted for a major and a minor, or for two majors?

Only one course may overlap between a major and minor or between two majors.

How do I declare a minor, second major, or change my major?

Go to this page <https://www.uvm.edu/registrar/forms-students> and click on "Declare or Change Major or Minor." There are two different forms available – one for declaring or changing a major, minor, or concentration with CAS, and one for declaring outside of CAS. Students should keep in mind that declaring a minor or second major within CAS is typically straightforward, but some programs outside of CAS are limited enrollment and/or may require some sort of formal application process.

What classes transfer in for credit at UVM?

The UVM Transfer Guide, available here ([Link to Transfer Guide](#)) is an interactive application that lets you view how courses at alternative institutions have transferred to the University of Vermont in the past. It is intended for use by currently enrolled undergraduate degree students seeking to take courses at another accredited institution. Only credit will transfer. Your GPA is calculated using only the grades you have received at UVM.

How do I set up SAS accommodations, and am I eligible?

Student Accessibility Services (SAS) provides accommodations, consultation, and educational support services to students with documented disabilities. SAS offers exam accommodations, meetings with disability specialists to receive advisement and advocacy around disability-related matters, ebooks, deaf and hard of hearing services, notetaking and adaptive technology. SAS is meant to help students with disabilities, including learning, listening, visual or physical, receive accommodations for their courses. These may be permanent or temporary (e.g., a broken arm). The SAS office is located in L/L A-170. Students can walk in and get the necessary paperwork to start their SAS account. SAS's website has many helpful resources and instructs students on how to get started: https://www.uvm.edu/academicsuccess/student_accessibility_services

How do students sign up for an honors thesis?

Please visit this web page devoted to honors theses in CAS for the most current information. <https://www.uvm.edu/cas/pursuing-honors-thesis>

Can students wanting to switch out of the CAS still minor in psychology?

Many students can still minor in Psychological Science if you switch to a different program outside of CAS – ask your new advisor in that program for guidance.

I want to take a winter course. How does this work?

The winter term takes place between the fall and spring semesters. If a student takes credits for a winter course, these credits apply to their spring semester credit load. The winter session is considered part of the spring semester in terms of charges and financial aid. Course offerings vary from year to year – the most recent list is available here: <https://learn.uvm.edu/courses/winter/>

IV. Planning your Academic Journey in Psychological Science

Your college and degree set the boundaries for what classes you must take to graduate, but you can tailor your courses to fit your interests. Faculty advisors are a great resource in planning a schedule of courses and ensuring that your course selections meet graduation requirements. However, the student is ultimately responsible for deciding which courses to take and whether they meet degree requirements. Read the requirements carefully!

Degree Programs and Course Requirements

Basic Registrar Requirements

1. You need to complete a total of 120 credits to graduate.
2. 30 of the last 45 credits must be taken at UVM.
3. No more than 45 credits in courses with the same departmental prefix may be used toward the 120-credit total.
4. Most students in the College of Arts & Sciences (CAS) need to complete a total of 96 credits in CAS to graduate. However, if your major is in CAS and your minor is outside of CAS, you only need 84 credits in CAS to graduate.

Bachelor of Arts (BA) in Psychological Science

[Requirements for the BA in Psychological Science are listed here.](#)

- The BA includes a total of 30-32 credits in Psychological Science.
- Students who complete the BA must complete all 7 of the [CAS distribution requirements](#)
- Students who complete the BA also need to have a minor (or a second major). Please note that the HDFS minor can only count as a second, additional minor.
- Students who began at UVM before Fall 2023 also need to complete the [General Education Requirements](#). Students who began at UVM in Fall 2023 or later must complete the [Catamount Core requirements](#). Courses that count toward the major or CAS distribution requirements may often count toward one or more of the General Education or Catamount Core requirements.
- **For students who started at UVM in Fall 2024 (first years and new transfer students), a new option is in place for the BA, in which students may replace ONE of their 3000-level courses with ONE of the following: a PSYS first year seminar, 3 credits of PSYS 2995 undergrad research, 3 credits of PSYS 3994 mentored clinical internship, or 3 credits of PSYS 4996 honors thesis. Students who started at UVM before Fall 2024 who would like to take advantage of this option must contact cas@uvm.edu to request it.**

Bachelor of Science (BS) in Psychological Science

[Requirements for the BS in Psychological Science are listed here.](#)

- The BS includes a total of 42 credits in Psychological Science plus an additional 14 credits of ancillary courses (math and science courses offered outside of Psychological Science)
- Students who complete a BS in Psychological Science do not need to complete a minor, but may do so if they wish.
- Students who complete the BS who started at UVM before Fall 2023 need to complete 5 of 6 distribution requirements for CAS (Fine Arts and Literature are separated for the BA but combined into a single category for the BS) as well as the [General Education Requirements](#). Students who started at UVM in Fall 2023 or later must complete all 7 of the [CAS distribution requirements](#) as well as the [Catamount Core Requirements](#). Courses that count toward the major or CAS distribution requirements may often count toward one or more of the General Education or Catamount Core requirements.

Key Differences Between the BA and BS

1. Compared to the BA, BS students are required to take more courses that count toward their major (42 rather than 30) instead of a minor (although they can pursue a minor if they wish to).
2. BS students take all five of our foundational courses (2100-2500), whereas BA students choose four out of five.
3. BS students are required to take two semesters of calculus, two semesters of biology labs, and one additional 3-credit course in BCOR, BIOL, CHEM, GEOL, or NSCI (these are called “ancillary courses”). These courses count toward the CAS math and natural science requirements but go “above and beyond” what is required by CAS. BA students must only take one math course and one natural science course with a lab to satisfy the CAS requirements (note that the natural science course without a lab is fulfilled within our major).
4. BS students must take at least one 3000-level course in two distinct categories of Psychological Science: Category A (Biobehavioral): PSYS numbered 3100 to 3299; Category B (Social & Developmental): PSYS numbered 3300 to 3499; Category C (Clinical): PSYS numbered 3500 to 3699. BA students may take any three 3000-level courses numbered 3100 to 3990.
5. BS students may take LING 2300-2399, register to be UTA (PSYS 3994), or enroll in undergraduate research (PSYS 2995) for credit toward the major.

Should students choose a BA or a BS degree?

Students should choose one degree or the other based on their interests and aptitudes. If you plan on pursuing graduate studies in psychology or a related field, the B.S. option may be best for you. This program places a stronger emphasis on math, science and lab science courses. However, preparation for a particular career comes with the courses you choose to take, not the

degree that you earn. For example, students routinely enter medical school having earned a B.A. degree and having taken courses in physics, chemistry, biology and mathematics. Similarly, students frequently earn a B.S. degree having also taken a large number of courses in the social sciences or humanities. What is important for your career aspirations is good grades at UVM! Good grades are likely to come from courses you find most appealing.

What is a good minor for a Psychological Science major?

It is impossible to specify what is a particularly useful minor for a PSYS major because: (1) people major in PSYS for a variety of different reasons, (2) the minor can serve an array of purposes, and (3) even among PSYS majors, people have different career goals. However, we can offer a few suggestions for relevant considerations when students go through the process of selecting their minor.

1. A number of PSYS majors choose to minor in a field that has close ties with some aspect of psychology. This can help to broaden or deepen their understanding of psychology-related issues. For example, sociology addresses many issues that psychologists also find of interest, but sociologists come from more of a systems and demographic perspective; similarly, biology and communication sciences each examine issues that are closely related to certain aspects of psychology, offering greater depth and different vantage points on psychological concerns.
2. Some minors, such as economics or political science, may seem less closely related to psychology, but may help prepare a PSYS major for an interdisciplinary career as well. For example, psychologists who work in government, community organizations, and other policy settings can find such minors very helpful. Similarly, a minor in art might be used by a psychologist who pursues art therapy or an education position.
3. Other psychology majors select a minor that will help them develop knowledge that they believe will serve them well in any future career, whether in psychology or another area. For example, those who minor in a foreign language will have the flexibility to pursue careers that involve non-English speakers (including, for example, psychotherapy or designing mental health and educational programs, in a multi-cultural setting).
4. Finally, the purpose of the bachelor's degree is to provide the student with a broad liberal education. Your minor does not need to be a practical choice; rather, psychology majors can select a minor that they believe will simply provide a rewarding and exciting opportunity to learn and grow. So there is no "bad" choice; simply think about what your own goals are for your minor and select accordingly.

Degree Audit

Your degree audit is a powerful online tool that analyzes how the courses you have taken apply to your various requirements for graduation, including requirements for your major and minor. You can access it in myUVM by clicking “Advising (Degree Audit)” and “Run Your Degree Audit”.

We strongly recommend running your degree audit on a regular basis to monitor your progress, but especially before and after you register for courses. Your academic advisor can also access your degree audit and can look it over with you and answer your questions about it.

Sometimes errors occur. If something looks off or confusing about your degree audit, let your advisor know, and they can help you get it fixed.

The registrar has a detailed website that walks you through how to access and read your degree audit: <https://www.uvm.edu/registrar/degree-audit-faq>

Which PSYS classes are offered in Fall versus Spring?

1. Most of our foundational courses, including PSYS 1400 (Introduction to Psychological Science), PSYS 2000 (Research Methods with lab), PSYS 2012 (Statistics for Psychological Science), PSYS 2100 (Learning, Cognition and Behavior), PSYS 2200 (Biopsychology), PSYS 2300 (Social Psychology), PSYS 2400 (Developmental Psychology: Childhood), and PSYS 2500 (Psychopathology), are offered every semester.
2. We offer approximately 18 3000-level PSYS courses every semester. The specific courses and topics vary, but all three categories required for the BS will always be represented (see BS requirements).

Important notes about research methods and statistics

1. Psychology Research Methods (**PSYS 2000 or PSYS 2002**) and Statistics for Psychological Science (**PSYS 2010 or 2012**) are required courses for all Psychological Science majors.
2. Psychology Research Methods (2000 or 2002) is a critical prerequisite for our 3000-level courses that prepares students to understand and evaluate psychological research in a variety of areas of psychology. Statistics in Psychological Science teaches the analysis of quantitative data in psychology. There are other courses at UVM that have “research”, “research methods”, and/or “statistics” in their title. However, only Psychology Research Methods and Statistics for Psychological Science are designed to teach students about research and data analysis in psychology. Thus, **we do not allow substitutions from other departments on campus.**

What courses should I take in what order?

There is no “right” order in which to take your Psychological Science courses; however, here is our general advice.

1. Prioritize taking Psych Research Methods as soon as you are able. The fall of your second year is ideal, but if you are not able to do so, take it the fall of your junior year at the latest.
2. Take Statistics for Psychological Science the spring of your second year if you can, but keep in mind that it is NOT a prerequisite for any upper level courses, and taking it junior

or even senior year is feasible (although waiting until your final semester is not recommended).

3. It is very difficult to get into the upper-level seminar classes (3100-3990) until you have senior standing. Be sure to have many backup courses ready the day you register. In the end, you may have to just take what is available to get those credits done. We keep those courses small enrollment to preserve the students' experience. We know it is stressful that many students have to wait until senior year to take them! **We often find that some seats open up in 3000-level courses during the first week of classes; if you do not get into one during course registration, keep checking to see if spots open up!**
4. Take the foundational courses that interest you most first. Upper-level classes (3100-3990) require you have taken at least one foundational class in that area (e.g., Health Psychology requires Psychopathology, Adolescence requires Developmental Psychology), so taking the foundational class for the topics that interest you most will allow you to take those classes sooner.
5. Make plans to explore classes for potential minors (or areas you might want to move to major or double major) whenever you are able to fit them into your schedule. They might count toward your general education or college requirements, or they might be electives, but either way, they will offer important opportunities to learn about what you want from your education.

Unique Opportunities for Students in Psychological Science

Sign up for Research Credits:

This website has detailed information about how to become a research assistant in a lab at UVM. Keep in mind that PSYS 2995 (Undergraduate Research) counts toward graduation, but for BA students, only three credits may be counted toward the major.

<https://www.uvm.edu/cas/psychology/becoming-undergraduate-research-assistant-psychological-science>

Signing up to be a Teaching Assistant:

This website has detailed information about how to become a teaching assistant for a course in Psychological Science. Keep in mind that only three credits of the UTA course PSYS 3994 (Teaching Assistantship) counts toward your total credits for graduation toward the BS but NOT toward the BA.

<https://www.uvm.edu/cas/psychology/becoming-undergraduate-teaching-assistant-uta-psychological-science>

Classes with Applied/Clinical Experience:

The Mentored Clinical Internship (PSYS 3991) is a year-long class for junior or senior students that is a great option for students interested in pursuing a career in the mental health fields. Placements are limited, and students must apply and complete an interview to participate. Keep in mind PSYS 3991 counts toward graduation, but for BA students, only three credits may be

counted toward the major. See this website for more information:

<https://www.uvm.edu/cas/psychology/mentored-clinical-internship-psychological-science>

For students who are interested in working with children in the community, Fit Kids classes (PSYS 3450; PSYS 3520) are a great option. Students get hands-on experience working in area schools to support Dr. Betsy Hoza's research on the benefits of exercise for children's wellbeing. Placements are limited, and students must apply and complete an interview to participate. See this website for more information: <https://www.uvm.edu/catsmove/about-our-programs>

Join Psychology Club and/or the Neuroscience Club

Psychology Club allows students to get to know each other as well as the faculty and staff involved in the psychology department. It is a great tool to help students navigate their way through their years at UVM. The Neuroscience Club serves the same role for neuroscience at UVM. <https://www.uvm.edu/cas/psychology/psychology-club>

Strive for Psi Chi!

Psi Chi is the National Honors Society of Psychology. This is awarded to students with a major GPA of at least 3.3. Award ceremonies are held each year at the end of the spring semester. The Psi Chi chapter at UVM is yet another way to get involved with students, faculty and staff, and it also looks great on a CV! The faculty advisor for Psi Chi is Dr. Jamie Abaied jabaied@uvm.edu.

Can I get credit toward the PSYS major for internships external to UVM?

This requires having a faculty advisor from within our department, and our faculty are typically not available. We recommend getting credit toward your total credits to graduate through the CAS internship program instead: <https://www.uvm.edu/cas/internships-overview>

I am pre-med. Do I have any extra classes that I should be taking?

Career Services has set up a website with details for pre-health students: http://www.uvm.edu/~career/pre_health/.

V. Getting Support for Academic Success, Mental Health, and Wellness

If you are on academic probation or struggling with classes or well-being, it is important to utilize the support resources on campus that are available to you. We encourage you to meet with a CAS advisor in the Dean's Office to see which of the resources listed below may be most appropriate in assisting you to reach your goal of getting off probation, improving academic progress, or improving wellbeing.

Appointments with CAS Student Services

Same-day appointments can be made by emailing cas@uvm.edu, or by calling (802) 656-3344. Remote or in-person preference is selected when making your appointment.

Phone: (802) 656-3344

E-mail: cas@uvm.edu

Address: 438 College St.

https://www.uvm.edu/cas/student_services

You can also discuss your plans with your Faculty Advisor, so they know what you are working on this semester. **Note that academic advisors in the Department of Psychological Science have expertise in scholarly issues, especially as they pertain to psychological science. If you seek advice and support for other issues, such as health, legal matters, writing and learning skills, general career planning, lifestyle/residential issues, or academic accommodations, you may want to check out some of the other free professional advising that UVM offers. The College of Arts & Sciences Student Services can help you to identify the resources most likely to meet your needs.**

Resources for Students

The [Tutoring Center](#) offers several services for students:

- Study Skills: Strategies that can be applied to all classes.
- Subject-Area Tutoring: One-on-one tutoring in most introductory courses.
- Supplemental Instruction: Facilitated group study in selected large lecture courses.
- The Writing Center: Assistance with papers for any class.

[Student Accessibility Services](#) provides accommodation, consultation, collaboration and educational support services as a means to foster opportunities for students with disabilities to participate in a barrier-free learning environment.

[The Mosaic Center for Students of Color](#) exists to ensure that African, Latino(a), Asian, Native American, Multiracial and New American students succeed at the University of Vermont.

[The Office of International Education](#) meets with international students on academic probation to discuss immigration implications.

[Career Services](#) offers career counseling and advising, job search workshops, a career information library, on-campus interviewing, and help with resume preparation.

[Center for Health and Wellbeing](#) provides accessible, high-quality, cost-effective, prevention-oriented primary health care, mental health counseling, and a wide range of prevention and educational outreach programs and referral services designed specifically to meet the needs of UVM students and community. Their services are geared to support both the mental and physical health essential to the intellectual and personal development of university students, enabling them to participate fully in university life.

In the event of illness or injury requiring hospitalization or extended absence from classes, with permission from the student, student health can notify the student's Dean's Office who will then contact the student's professors. They will not give any information (including verifying that a student has been seen or date of visit) without the permission of the student. Please contact Student Health to request a letter be sent to the College of Arts and Sciences.

Available CHW services include:

- Alcohol & Drug Services
- Athletic Medicine/Sports Therapy
- HOPE Help Overcome Problem Eating
- Medical Clinic/Student Health
- Mindfulness Practice Center
- Travel Health Clinic
- Nutrition Services
- Occupational Health Clinic
- Office of Conflict Resolution
- SHARES Sexual Harassment and Rape & Education Services

[Student Financial Services](#): For information about financial aid, billing, and payment.

[Medical Withdrawal](#): For students needing a medical withdrawal from UVM.

VI. STUDY ABROAD

Can a PSYS major fit in study abroad?

Absolutely, yes! Many, many PSYS majors have done so, in programs all over the world!

Are any specific study abroad programs recommended by the department?

No – our department does not have any official relationships with any study abroad programs.

Your advisor will likely NOT have any information for you in terms of which programs are best.

The study abroad office will know more.

Can/should I take PSYS courses abroad?

You can if you like, but you are not required to. If you are searching for courses ahead of time and wondering how they will transfer, you can look them up in the UVM transfer guide:

If you do not see them there, email transfer@uvm.edu to ask how the course will transfer – if they do not know, they will ask Professor Abaied (Director of Undergraduate Studies) to review the materials and determine course equivalence. You can also go through this process after you return from study abroad if you do not have access to course materials beforehand.

Keep in mind that many courses will end up transferring as PSYS 2XXX or PSYS 3XXX, which means that they count as Psychological Science but do not map onto any specific courses that we offer here. Both 2XXX and 3XXX count toward the B.S. degree in PSYS; only 3XXX counts toward the B.A. degree in PSYS.

Do not try to take essential courses like Research Methods or Statistics in Psychology when studying abroad.

How do I plan for study abroad?

Visit the study abroad website and follow their steps for exploring options.

https://www.uvm.edu/oie/getting_started

Once you've followed their process to create a study abroad plan, you will be asked to schedule a meeting with your advisor to review your plan. Do not wait until the last minute to do so!

VII. Graduation

Important reminders for senior and prospective graduates

- **Check your UVM email no less than once a week.** All reminders for requirements will be sent to your student UVM email address. Read any correspondence from the Dean's Office carefully.
- [Complete the on-line Intent to Graduate Form \(click here\).](#) This form is required to graduate and should be completed the semester before you intend to graduate in order to assure that there aren't any last-minute issues.
- **Review ALL parts of your [Degree Audit](#).** The Degree Audit Report is utilized for certification of degree completion. Your Degree Audit Report should correctly reflect your remaining requirements. If you believe there are errors, [e-mail the Dean's Office at cas@uvm.edu](#) as soon as possible. Check that your declared major and your minor are accurate. If not, correct it by accessing the change of major form in myUVM.
- Contact Rebecca.Watson@uvm.edu the CAS Degree Completion Coordinator to discuss degree audit questions and exceptions.
- **Review transfer credits, if applicable** Make sure all credit taken at institutions other than UVM has transferred in properly. If not, contact Transfer Affairs at (802) 656-0867 or [transfer@uvm.edu](#).
- **Meet with your assigned advisor** during your last semesters at UVM to review what requirements you need or discuss any academic issues that may arise.
- **Grade resolutions.** All Incompletes, Missing Grades, and SPs on your record must be resolved prior to graduation (Check your transcript).

Commencement information for seniors

- Only students who have completed all the necessary requirements at the end of the Spring semester are permitted to participate in the ceremony.
- [Run your Degree Audit Report](#) once all your final semester's grades are processed and if it states "All requirements identified below have been met" then you will be certified for graduation.
- You must have a cap and gown to be in the ceremony. They are available for purchase at the UVM Bookstore.
- University Honors will not be calculated until all grades for the Spring semester are processed. The medallion may be picked up at the CAS Dean's Office (438 College Street) during normal work hours before commencement or given at the time of lineup Commencement morning.
- [Information and details about Commencement](#) are available on the Commencement website. This includes information about UVM's ceremony and the College of Arts and Sciences ceremony. Check the site frequently for updates. Changes to locations due to inclement weather are posted starting at 6:00 a.m. on Commencement day.

Commencement Walk Policy

- Students who are within six credits of completing all degree requirements (typically 2 courses) and have a plan to complete all remaining requirements may, with the approval of their dean's office, participate in the UVM and college/school commencement ceremonies. You can find more information about this [here](#).

VIII. Careers & Graduate School

What can students do post-graduation with a B.A. or B.S. in Psychology?

A bachelor's degree in psychology doesn't land you in one specific job (e.g., it is not like a teaching or nursing degree)! The options are only limited by your imagination. Many (but not all) students with psychology degrees go on to get graduate degrees to formalize their career path. Below are several resources that should help you plan your path post-UVM.

What are my options right out of finishing my bachelor's degree?

Check out this great resource with ideas for next steps!

<https://www.apa.org/ed/precollege/psn/2018/01/bachelors-degree> UVM's Organizational Psychology class PSYS 3350 also works through some of these options.

I am not sure what I want to do, how do I decide?

- Check out this guide that describes a variety of career paths from the American Psychological Association: <https://www.apa.org/education-career/guide/paths>
- This resource includes interviews with 13 people who majored in Psychology about their career path after college: <https://www.apa.org/education-career/guide/undergraduate-interview-series>
- This resource provides a detailed roadmap for preparing to use your bachelor's degree in psychology: <https://www.apa.org/education-career/guide/bachelors>
- Visit the UVM [Career Center](#) – they have drop-in hours and great tools for helping you find your interests and careers that align with those interests and skills.

What summer jobs might provide students with good experience for figuring out what they want to do?

- Students wanting to explore research and the academic setting may want to volunteer to work in a research laboratory. Some faculty have funds to pay students (part- or full-time) in the summer; UVM also has some [programs to fund undergraduate research](#) during the summer. Students should contact faculty who are working in an area that they find interesting by first checking out their research interests (see [this website](#)).
- Students wanting to explore a career in an applied setting may consider contacting any of the following: mental health agencies, YMCAs, Boys' & Girls' Clubs, and other nonprofit agencies. Some business settings can also provide students with useful experience, particularly if they have an interest in organizational psychology, or personnel and related issues. Students might also consider summer camps or childcare settings if they think they want to pursue a career working with children (it's important to know if you are really up to working with children for 8 hours a day).
- UVM's [Career Center](#) may also be able to provide assistance, and students who are eligible for work-study can earn their work study hours off-campus in community nonprofit organizations as well as on-campus in research laboratories and offices.

I want to learn about mental health provider careers (social work, family therapist, school psych, clinical psych, psychiatry etc.)

Here are some great resources that outline your options as a mental health provider:

- [A slideshow about the different types of graduate programs for a career in mental health](#)
- [A very detailed guide to help you determine whether or not clinical psychology is right for you, by Mitch Prinstein, Chief Science Officer of the APA](#)
- [A website focused on applying to PhD programs in clinical psych, designed by grad students and faculty](#)

I want to pursue a career in health (medical school, nursing, physician's assistant school, etc.)

This website has info on health professional school training:

<https://www.uvm.edu/career/health-professions>

What should students do to improve their chances of getting into graduate school?

This resource from the APA has detailed information about applying to graduate school in psychology <https://www.apa.org/education-career/grad/applying>

Graduate schools typically like applicants who have more than just good grades and good reference letters; they also want to see applicants who have started the transition from undergraduate to graduate student through their hands-on experience, be it research, clinical work, volunteer work, or something else related to the specific programs you are applying to.

For research-oriented programs, [getting involved in a research lab is a high priority](#). For clinically oriented programs, see the links above for information on how to best position yourself as a strong candidate.

Master's and PhD programs have overlapping requirements you can think about now:

1. A CV (examples here: <https://www.uvm.edu/career/your-guide-cvs> and <https://icc.ucdavis.edu/materials/resume/samples>)
2. A personal statement (examples here: <https://www.uvm.edu/career/personal-statements> and <https://clinicalpsych.unc.edu/wp-content/uploads/sites/211/2017/12/Personal-Statement.pdf>)
3. Three letters of recommendation— start thinking now who those could be for you. Usually, you have 1-2 professors whose classes you've taken and know you well and can speak to your skills academically and maybe depending on the experience with research. A third letter often comes from a more applied mentor, perhaps from volunteering in the community or a job you've held during college.
4. Possibly the GRE (check to see if your pathway will require by finding programs you might apply to and reviewing their requirements— this used to be standard but now lots of places do not require it).

Steps to apply to graduate school

1. Decide what type of program
2. Identify schools that have this program (usually just googling based on location or discipline and sometimes you'll find an association that keeps lists of programs)
3. Determine if UVM has a similar program and if you can identify a faculty member to connect with (see connecting with faculty section)
4. Review possible schools for their deadline and requirements
5. Gather experiences now that are related or will help with letters of recommendation
6. Ensure you have taken required courses for this area based on the admissions requirements you find in your search
7. Prepare application materials and have them edited and reviewed by another party before submitting, such as a faculty mentor or the undergraduate writing center.

IX. Important UVM Policies

University-Wide Policies

All campus-wide policies are available here: <https://www.uvm.edu/policies>